

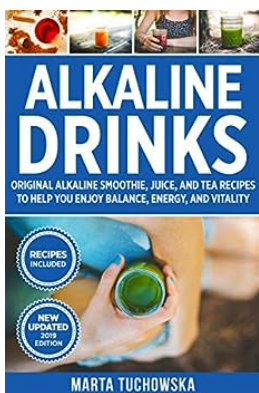
Original Alkaline Smoothie Juice And Tea Recipes To Help You Enjoy Balance

Are you tired of feeling sluggish and weighed down by processed foods, unhealthy drinks, and a lack of vital nutrients? It's time to restore your body's natural balance by incorporating original alkaline smoothie juice and tea recipes into your daily routine.

In this article, we will explore the benefits of alkaline foods, the importance of maintaining a balanced pH level, and provide you with delicious and refreshing recipes to kickstart your journey towards a healthier and more energized lifestyle.

The Power of Alkaline Foods

Alkaline foods, also known as alkaline-forming foods, have been praised for their ability to restore balance to the body. These foods help maintain a slightly alkaline pH level, which is essential for optimal health. When our bodies become too acidic due to poor diet and lifestyle choices, it can lead to various health issues such as fatigue, inflammation, and even chronic diseases.



Alkaline Drinks: Original Alkaline Smoothie, Juice, and Tea Recipes to Help You Enjoy Balance, Energy, and Vitality (Alkaline Lifestyle Book 2)

by Marta Tuchowska (Kindle Edition)

★★★★☆ 4.5 out of 5

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Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 108 pages



By incorporating alkaline foods into our diet, we can neutralize excess acidity and promote overall well-being. These foods are typically rich in vitamins, minerals, and antioxidants, which support our immune system, aid in digestion, and provide a natural source of energy.

The Importance of pH Balance

pH balance refers to the measurement of how acidic or alkaline a substance is. Our bodies naturally strive to maintain a slightly alkaline pH level of around 7.4. However, due to environmental factors, stress, and an unhealthy diet, our pH levels can become imbalanced, leaning more towards acidity.

An imbalanced pH level can lead to a range of issues, including low energy levels, poor digestion, weak immune system, and premature aging. By consuming alkaline foods and beverages, we can help restore the natural pH balance of our bodies, leading to increased vitality and overall health.

Original Alkaline Smoothie Juice Recipes

1. Green Goddess Smoothie

Ingredients:

- 1 cup kale
- 1 medium cucumber
- 1 small green apple

- 1 stalk celery
- 1 handful spinach
- 1 teaspoon spirulina powder
- 1 cup coconut water

Instructions:

1. Wash all the ingredients thoroughly.
2. Chop the cucumber, apple, and celery into small pieces.
3. Add all the ingredients into a blender and blend until smooth.
4. Pour into a glass and enjoy this refreshing alkaline green smoothie.

2. Berry Blast Smoothie

Ingredients:

- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1 banana
- 1 cup almond milk
- 1 tablespoon chia seeds
- 1 tablespoon flaxseed
- 1 teaspoon raw honey

Instructions:

1. Wash all the berries.

2. Peel and chop the banana.
3. Add all the ingredients into a blender and blend until smooth.
4. Pour into a glass and enjoy this delicious and antioxidant-rich smoothie.

Original Alkaline Juice Recipes

1. Citrus Refresher Juice

Ingredients:

- 2 oranges
- 1 grapefruit
- 1 lemon

Instructions:

1. Peel the oranges, grapefruit, and lemon.
2. Blend all the ingredients together or use a juicer to extract the juices.
3. Stir well and pour into a glass.
4. Serve chilled for a refreshing citrus boost.

2. Tropical Paradise Juice

Ingredients:

- 1 ripe pineapple
- 2 ripe mangos
- 1 lime

Instructions:

1. Cut the pineapple and mangos into small pieces.
2. Peel and chop the lime.
3. Blend all the ingredients together or use a juicer to extract the juices.
4. Pour into a glass and enjoy the taste of the tropics.

Original Alkaline Tea Recipes

1. Hibiscus Ginger Iced Tea

Ingredients:

- 2 tablespoons dried hibiscus flowers
- 1-inch piece of fresh ginger, thinly sliced
- 4 cups filtered water
- 1 tablespoon raw honey (optional)

Instructions:

1. Bring the water to a boil in a saucepan.
2. Add the hibiscus flowers and ginger slices to the boiling water, then reduce the heat and let it simmer for 10 minutes.
3. Remove from heat and let it cool.
4. Strain the mixture and add raw honey if desired.
5. Pour over ice and serve this refreshing and tangy tea.

2. Chamomile Lavender Tea

Ingredients:

- 2 tablespoons dried chamomile flowers
- 1 tablespoon dried lavender flowers
- 4 cups hot water
- 1 teaspoon raw honey (optional)

Instructions:

1. Place the chamomile and lavender flowers in a tea infuser or teapot.
2. Pour hot water over the flowers and let it steep for 5-10 minutes.
3. Remove the infuser or strain the mixture.
4. Add raw honey if desired and enjoy this calming and aromatic tea.

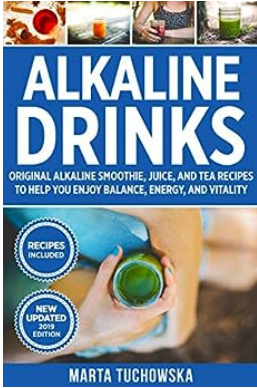
Incorporating alkaline smoothie juice and tea recipes into your daily routine is a simple yet effective way to restore balance and promote overall well-being. By consuming these original recipes packed with essential nutrients and antioxidants, you will not only feel more energized but also support your body's natural defense mechanisms.

Start your journey towards balance by trying out the original alkaline recipes provided in this article and feel the positive effects on your body and mind.

Cheers to a healthier and more vibrant you!

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It's not only about what you eat. It's also about what you DRINK!

Unfortunately, most people rely on artificial drinks and sodas filled with sugar and many toxic additives that lead to weight gain and, very often, low energy.

It's time to take control of your lifestyle, and focus on natural, alkaline-rich drinks.

Alkaline drinks are nutrient-rich elixirs designed to help you boost your wellbeing.

Naturally low in sugar, lactose-free, vegan-friendly, and gluten-free.

Nourishing and refreshing!

Full of vitamins and alkaline minerals to help you thrive!

The good news? You don't need any fancy superfoods as most of the ingredients can be easily found in your local grocery store.

The recipes, guidelines and instructions are easy to follow, even for a total beginner.

With Alkaline Drinks You Can Finally:

- Rejuvenate your body and mind to enjoy abundant energy (without relying on caffeine, sugar and other unhealthy stimulants)
- Stop craving sugar and processed foods that are preventing you from losing weight and achieving the vitality of your dreams
- Strengthen your immune system naturally

Here's what you will discover inside:

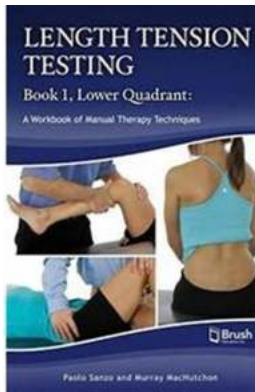
- The common-sense approach to the alkaline diet and why it's NOT about raising your pH
- Shopping lists + food lists to help you get started right away
- How to add more alkaline foods and drinks to your diet without worrying about being too perfect

No nutritional dogmas. No preaching. No bashing. No diet cults. No calorie counting.

Just a simple-to-follow holistic system you can use to take your energy and health to the next level, even on a busy schedule.

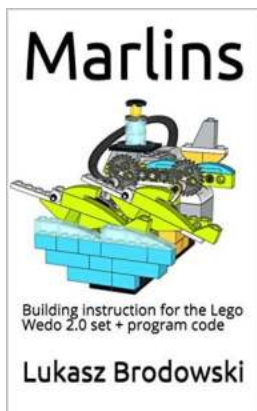
Take positive action today and give your body what it needs to thrive!

Scroll up the page and click on the buy button now.



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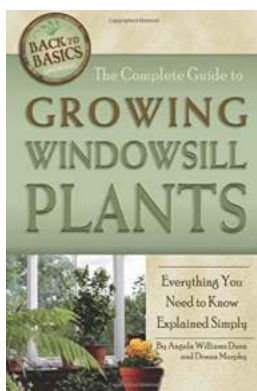
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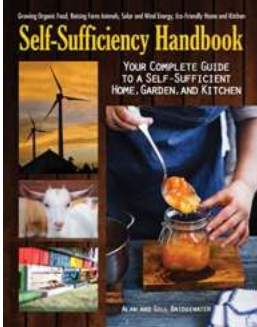
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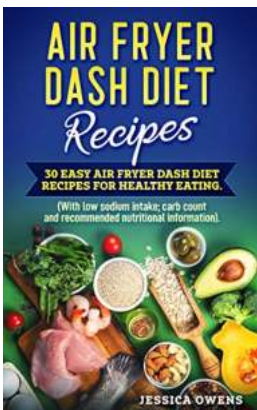
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